



Potential students get warm welcome

By PAUL LEAVINE

Legions of prospective stu-
dents descended on a campus
filled with red-blended valen-
tine treats on March 30 to get a
look at what Oconotooga
College has to offer.

Explore Oconotooga, an
annual event where those
looking to take a program at
the college can get tour
around campus and talk with
students and faculty of the
program they'd like to pur-
sue, ran from 10 a.m. to 2
p.m. on that Saturday after-
noon.

Volunteers greeted the
masses around the campus.
Students, most straight-out
of high school and accompanied
by their parents, and some
other visitors, were also
allowed to wander the
grounds on these acres.

Alma Hernandez, a first-
year general arts and sciences
student, showed off the red
shirt that marked all the vis-
itors who had come to the
event. She added that it was a
lot of fun earlier.

The Oconotooga, logical close
to the red courses, was a major
hurdle for people entering the
campus.

"It's a benefit for us," said

Hernandez. "It lets more
about the school."

Another volunteer, Acacia

Kosinski, also a first-year
arts and sciences student,

and student volunteer had
each received training before

the event.

Some of the volunteers had
other reasons for volunteer-
ing, according to Michelle

Leggett, who was donning the
red shirt as part of her first-
year business foundation
courses.

"The getting worked," said
Leggett near the end of the
day. "We started to get a hu-
ge learning here that the day is
truly learning."

Students are always
impressed with the facil-
ties, lake and sense of
community on campus.

— Nancy Hirsch

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She added that it was a lot
of fun earlier.

The Oconotooga, logical close
to the red courses, was a major
hurdle for people entering the
campus.

The young Leggett had no
plans for her day at the
program offered at
Oconotooga, including a talk
for the School of Career and
Academic Services.

"We are the liaison for our
program, but may not be ready for
postsecondary, but made to
take some academic requiring
a degree," said Diane Kline,
the chair of preprogram pro-
grams for the School of
Career and Academic
Services.

"Explore Oconotooga is a

great opportunity for prospective



A group of prospective students in red shirts gathered for the prospective students on March 30. See Page 12 for more photos.

new students to come on down
and learn from faculty and
current students about pro-
grams that may be of interest
to them," said Nancy Hirsch,
current and now under-
graduate for Drexel campus. "We
had tour the campus and
resource facilities, meet with
advisors, discuss about our
careers, representatives at
information booths, and apply
to conference to a Oconotooga pro-

gram."

I love to write. It's what I
do in my spare time.

— Joanne Dittner

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"Having the campus to pre-
sent and speaking with cur-
rent students makes the day

even to come to Oconotooga an
easy one. Oconotooga is always
impressed with the students who
have a lot of enthusiasm
and energy," she said.

Joanne Dittner, who with
any luck will be writing for
that paper's first issue, was
looking forward to joining the journal
and great progress.

"I love to write. It's what I
do in my spare time," said
Dittner. "I never say never."

You can help shape the Respect Campaign

By CANDACE HARRIS

Life learning, fun and
friendship is respect as an
important part of college life.

Oconotooga's Respect
Campaign strives to maintain
a high level of respect in the
classrooms and hallways, as
students can enjoy all those
other important things even
more.

You've probably seen the
Respect posters hung around
the school and now's your
chance to have your say about
what you'd like to see on
them.

You can submit your own
ideas about what respect
posters should be portrayed as

the posters by sending
respectposters@ocn.edu, or
dropping by Student Life pro-
grammes, Room 3303/2. Ideas
will be accepted until April
30.

"Every year around this
time we start asking what is
missing or needed around
the campus," said Council
of Students' body helpful to get
the feedback.

The new posters will take
the Respect campaign to its
third successful year. As a
very goal at the end of last
year's campaign found that
95 per cent of students not
only felt that the posters
heightened awareness of

diversity on campus, but also
encouraged students to be
respectful in their actions
toward others.

"Our first thought was that
they wouldn't really change
anything," said Council, who
was largely surprised to find
that the posters did. "We
think that Oconotooga already
has a high level of respect,
and the posters just
encourage people to continue
it, and help new students understand
the level of respect that's expected here."

He always tries to make
sure the messages are pos-
itive, and reflect that the
participants don't need to be told
to have respect, just remind

them.

Post Respect posters have
done with diversity and stu-
dents who face challenges as
well as respect in both class-
rooms and the halls, respect
comes such as language, or
groups of people shopping in
the middle of the hall.

"Just because you're not a
diverse situation doesn't mean
you're words and actions don't
have an impact," said
Council.

One theme that has
already been suggested for
the new posters in the area
of making responsibility, by
showing students that
they have the opportunity to
make a difference.

Council is worried that the
issue may be hard to portray
as a poster, but has faith that
with the help of a graphic
designer, it can be done.

The posters are designed by
Council in collaboration with
an intern, and they feature
students from Oconotooga.

Some college respect uni-
versities use mock photos, but
Council thinks that having
the posters made by students
and featuring students keeps
them more personal and
realistic.

Having your ideas for
classroom and residence halls
posted here, so get your ideas to the
work.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your biggest distraction when studying?



"Friends and going out and watching media."

Taylor Wilkes,
19-year-old
second-year
business student

"Television shows because I'm addicted and have to keep up."

Angela Brown,
19-year-old
second-year
business student



"Facebook and certain
engagements."

Kaitlin Brown,
second-year
early childhood education

"Procrastination."

Rebecca Piggott,
second-year
early childhood education



"Twitter."

Berry McCallum,
19-year-old
second-year school
and child services



"Other people, like is the
LRC. It's kind of loud in
there."

Mike Thornton,
second-year
student



SOUL CLOTHING, YOU COULD BE THE next Simpson!

HAVING THEIR CAKE AND EATING IT TOO



Conestoga College students take part in the 'Race to the Top' competition, which concluded March 29.

Photo by Alan Walker

Conestoga students confront stereotypes

By GLENNA BOWMAN

As the winter semester comes to a close at Conestoga College, students are hard at work finishing assignments and preparing for final exams.

However, on March 29, some students dedicated a lot of their precious time to celebrating diversity and multiculturalism by attending the diversity poster contest held by human services foundations students. The annual contest, hopes to raise awareness toward the appreciation, acceptance and celebration.

"It's absolutely wonderful to see the HSF students take time learning and put together

such diverse posters," said Deborah Shatto, a faculty member in human services foundations, adding that it is really great of them to share passion and love willingness to be challenged.

"We're really thankful that members of the college community came to this event."

While competing and interacting with each other throughout the afternoon, HSF students confront stereotypical and often dated imagery.

Students found creative ways to promote their cause, including hand out education at fliers and pamphlets. Each Conestoga students staff and faculty enjoyed to take a look at the material displayed.

A booth organized by First

Utah and the group highlighted the heritages of immigrants entering Canada. "Our booth is about the heritage of immigrants," said Utah.

"Canada receives skilled workers from the country but does not recognize their skills."

"Many people that come into Canada have to move their career skills from the field to the field."

Utah said, "I think that events such as this one, the Student Latin Respect Campaign and other such opportunities to come closer can ultimately help all to challenge prejudgets and other stereotypes attitudes that so many of us have."

LAST-DEADLINE



YouTube shouldn't be exploited

By STEVE TROTH

The music video is called *Friday*, and it features the debut song by 12-year-old Rebecca Black from Orange County, Calif. Uploaded on YouTube on February, the video clip has received over 10 million hits since going viral. You'd think the video's popularity would free Black from a promising singing career for the reporting media, except for one glaring problem, the song could be quite possibly, the next *Twinkie*.

And so it goes with YouTube. The video sharing website which talent isn't a requirement to get your attention. It has become increasingly in our society, producing unlikely celebrities and countless hours of amusement. Content from writing columnists at the single click. The fact that Black's career attempt at a pop song has already had as many fans as to show how much time the average person wastes a writing position online on the website. While the majority of content has naturally just something the is good enough to share about them, any body who has ever been "blacklisted" for an internet study titled *What You Don't Know About YouTube* can pop into *Rebecca Black: The Way YouTube Represents the Marginalization of New YouTube Experiment*.

Despite the *Rebecca Black* and *Twinkie*, YouTube has actually been able to provide a launching pad for some talented people, like most notable being *YouTube's Justin Bieber*. He was noticed by Usher through his YouTube portfolio and has even managed to strike a record deal with Usher.

Not only does the website give the regular Joe a audience, it also helps with the career information. Black's career has become sustained in *Police brutality* videos that have been popular and very often as has as her right mind surely knows these actions as public could easily be related to someone in a more formal. *YouTube* was even involved in *YouTube* in 2009, we would international award the excellence in video and broadcasting given to the with art for video editing and presenting *documentary*.

It's extremely disconcerting that YouTube has allowed an avenue for a video as bad as *Friday*, but the overall benefit of the website for everyone's benefit. Users of the website should try to avoid supporting viral videos, such as Black's as people will stop posting half-assed videos in an attempt to attain internet notoriety.

And try to avoid being "blacklisted" in the process.

The views herein represent the position of the newspaper and not necessarily the author.

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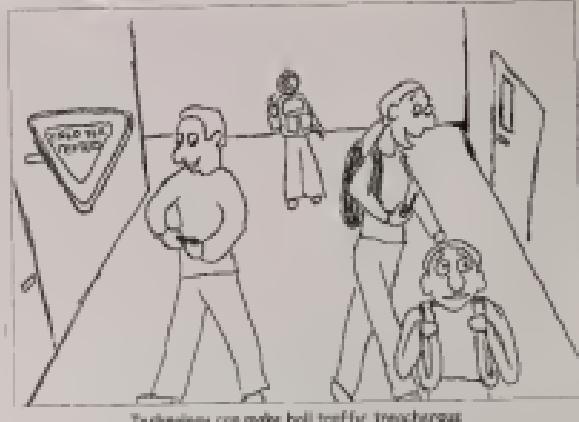
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83340.



Technology can make hell truly treacherous

Is one hour too much to ask?

It was decided down in my episode a presentation project being in my present. I had never typed in it on one of these video sites on my computer screen.

But, I was told that I still placed out on YouTube.

On March 28, about 100 spectators participated in the fifth annual event. An 8.75-mile course was encouraged to have off of my my physical exercise is as possible for an hour, promote energy among across the world.

A graduate in theory, but I was I was just one of many who didn't follow the plan.

The result from this year's presentation was a little disappointing.

During the hour, power usage dropped about five percent. Not a very impressive number compared to last year's 15 percent drop, or the 13 percent in 2009.

Are people not that worried about the climate change? Or has the novelty of this event, past worn off?

I had every intention of lighting up another, breaking



Mandi Lorraine DeGalan

out my glow in the dark gear and participating in this event to do "my part" on helping the environment. But, when it came down to it, I had forgotten because I was going to too busy strengthen my body while learning to move to my strength as human.

With the main goal of this event being to raise money and encourage people to take action to try and stop the downward spiral of our environment, the amount served is impressive.

During the hour, power usage dropped about five percent. Not a very impressive number compared to last year's 15 percent drop, or the 13 percent in 2009.

Are people not that worried about the climate change? Or has the novelty of this event, past worn off?

I had every intention of lighting up another, breaking

world of encouraging technology by going to take a lot more effort to go on away from our energy using products. We have such high-speed Internet and the idea of sharing it all down for an hour is not very necessary, especially when the 60 minutes you up and we have nothing to show for it.

I think the World Wildlife Foundation, or whoever else is willing to take a lot more effort to come up with a better solution to help us with a creative new plan to get people into action. Environmental goals are not going to just go away, we need to take action.

I'm going to start by making my bed for my health. I have. I may not be able to come up to an hour on the desk, but I think I can extend my time and extend my time to when I'm not using my computer or other electronic devices which I don't need to use.

It's going to take more than an hour to have an effect, but it's a everyone's small action that will add up and make a difference.

Spoke

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Ending abuse one cup at a time

By SALLY E. GALE

Women's Crisis Service of Winona Region desires all of its time to help women and children to abusive situations break the cycle by offering help to those in need. This time, though, it was our turn to help.

March 27 marked the first annual Tea (To End Abuse) Festival in support of the women and children who Women's Crisis Service supports on a daily basis.

Margaret Bauer, fund development manager, and the two emergency shelters run by the service — Angels House in Rochester and Haven House in Cambria — are usually full beyond capacity. Angels House has 20 beds for women and children, and Haven House has 30. At times, Angels will take in up to 20 people, and Haven 30-40 people. All of these extra people put a strain on the already taxed shelters.

"More people come in than we are headed for," said Bauer. "We're like the 'help us make up the difference.'

This year, Women's Crisis Service wanted to do something different than their normal fundraisers. Using the acronym TEE, they came up with the idea of a tea festival. "We wanted to open this up to anyone who is interested in tea and is interested in our cause," said Bauer.

There were five vendors at the event offering samples and sharing all their wares. There were also presentations on subjects such as tea and wellness, tea during pregnancy and a presentation on taking tea during Vertepapiloma times put on by Woodside Hospital site.

Bauer talked about the healing power that tea has and how it brought people together, which was something that needed to happen if we were going to stop abuse. Tea time was the perfect time to talk about the commonly taken subject. "We need to talk about abuse more so that people know they don't have to live in abuse."

The Winona Potter's Workshop sponsored the event, and everyone who attended received a pottery



Photo by SALLY E. GALE

Susan and George Thompson, panelists from their booth at the TEE (To End Abuse) Festival at Victoria Park on March 27, the Thompsons run All Things Tea, a shop located at 301 Belmont Ave. W in Winona.

steller mug. Also, the Royal Doulton store located in the St. Jacobs outlet mall gave gift bags at the event. Ben Kulin, store manager, was happy to be a part of the festival, saying

that the store had been involved with Women's Crisis Service on previous occasions.

"It's a good cause," said Kulin. "The place was right up our alley."

Another local and newer house has been operating since 1998, originally just starting as small shelter, and eventually growing to cater to the needs of the region.

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Records a hit with new generation

BY BRITTNEY REINHOLD

The steady streaming of the electric guitar and grinding of guitars are often heard in local stages. Coming up with new beats has been the objective of guitars for centuries. Their new sounds delight dedicated fans, professors and future artists.

New forms of music are constantly being created. Whether it be with guitars, words or the steady beat of rain showers, many new sounds are advancing the music scene today.

"Music is a window into a person's mind, and even culture," said Philip Boyd, an avid music fan from Escondido. "It reflects strong achievement, love and the emotion we all feel. I like to music to convey my feelings, or just to relate to others. Vinyl makes the right music come personal and is better listening quality."

Many new sounds together, professors have been here reflecting the next great hit. However, with many sales declining, it has made a harder for the industry to flourish. It also makes it more of a challenge for local music stores to be profitable.

Although artists, listeners and technology are constantly changing, the local music hasn't evolved that far. In fact, it may have regressed. Just last month, LP vinyl record sales broke the two million mark for the first time since 1991.

Morgan Ann Thorson, an

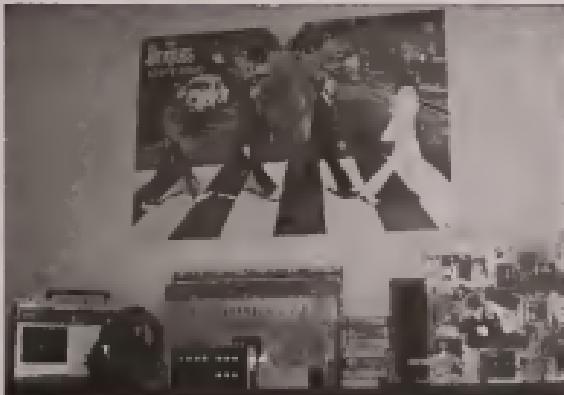


PHOTO BY BRITTNEY REINHOLD

Vinyl records are making a comeback thanks to the hipster trend.

HMV employee at Fairview Mall, said, "I think it's a good change for the music industry because it is obsessed with technology; it's about time everyone went back to their old school roots."

Back in with the "old" comes to in the full swing, just don't get enough of them such as R.E.M. Chapters and local music stores have been noticing the change.

While vinyl sales are up, CD sales are down due to illegal downloading. Those who have been purchasing music material have been

looking for better quality. The vinyl record not only provides good quality, but is also more personal for the dedicated fans of all generations.

"From what I have heard, the music industry has been losing a lot of money," said Gregg Brinkley, a Waterford resident and vinyl record collector. "I will not mind if vinyl record sales pick up for the industry. Even if people don't want to listen to them, they can always use the album artwork as decoration."

Vinyl records have been a part of music for a long time.

Improving certain aspects of the vinyl has improved the sound over the years. Those who support the industry have been purchasing vinyl records as both speakers, but more importantly, to feel a closer, emotional connection, to what is being told through the music.

"I think it is not so much that people are doing it, but a type of people or type of person," said Mike Long, a vinyl record collector in Escondido. "I know there's a vintage feel to it that a lot of people like. We almost like a lifestyle."

VINYL FACTOIDS

• In 1950, the music industry released the first commercial vinyl long-playing record marketed as "Technicolor" discs. It was a commercial failure, but the concern remains, including the lack of infrastructure, reliable computer playback equipment, and consumer interest. During the Great Depression,

• In the 1950s, vinyl records were still priced by multiples because of better reproduction of analog recordings. However, the demand was greater than supply, so prices were steady and flat. Only vinyl records were produced by using the technology differing sounds on the high end, and not the "lower" or analog especially recordings that require a wide dynamic range (not classical recordings). This resulted in a slower adoption of vinyl records in the early years by these listeners.

• Vinyl analog sound technology had improved over the years vinyl scratches still point out they are not the concern and more detailed sound of vinyl over the heavier sound of CDs. Some listeners, who are also disappointed by what they considered to be unfinished, nonstop recording of analog recordings. The advent of higher quality digital formats, notably SACD, where the tracking possibility of controlling the high quality sound of the best analog recordings, with the convenience and durability of the CD. Many artists will release recordings in both, or pressing, vinyl.

• For the music in the 1980s, dance music or hip hop genre, vinyl had another advantage over the CD, the direct manipulation of the medium. However, some professional CD players now have this capability.

• One company has developed a paper that uses a thin strand of a needle to read vinyl discs. In theory, it eliminates the possibility of scratches and destruction of the record, but its usage is limited to non-



PHOTO BY BRITTNEY REINHOLD

A musical journey through vinyl records from local record stores on March 24.



PHOTO BY BRITTNEY REINHOLD

Some audiophiles prefer the warmth and most detailed sound of vinyl.

Source: Record Collection Store

Electrical trade show sparks interest

Conestoga students enjoy viewing the tools of their trade

By AMANDA BAKER

A conversation between two friends last September sparked an idea that quickly flourished into Conestoga's first electrical trade show.

Mike Smith, the electrical program's co-ordinator at the St. Jacobs campus, and David Job of Guelph, Ontario, decided to hold the event. The first trade show was in October.

On March 23, the second annual electrical trade show took place in a classroom in the ATI building.

"It's designed to show the operations what's out there," said Job.

"They can come to see the latest and greatest products."

Students wandered through the show in classes let out or took breaks, helping the display people out.

"I'd say we had between 300 and 350 students," said Smith.

"Most, of course, faculty joined them here as well."

Although students couldn't purchase anything at the show, there were educational displays.

"There are educational grants available," said Job. "I think it's up to 25 per cent."

Local two electrical apprentices from Martin Electrical and Mutual McGraw wandered through on the circuit break.

"It's really interesting," said McGraw. "We see some of that before, but you're always



PHOTO BY AMANDA BAKER

local stage electrical apprentices Jason Miller, left, and Mike Bussiere, back row. The two are the electrical display. Conestoga was one of nine electrical companies at the trade show.

and the lookout for a good company," including Martin, Miller, Guelph and Habitat joined Guelph Electric in the small classrooms, but Smith hopes to expand by next fall.

"I think he wants to check it out too."

Eight electrical supply

companies, including Siemens, Photon, Guelph and Habitat joined Guelph Electric in the small classrooms, but Smith hopes to expand by next fall.

"We're hoping to move to the robotics lab in time for the October show," he said. "We want to expand from such a small room and such a small show."

Smith also said the reason he and Job decided to create the trade show is for the students to use it as an educational resource.

"It's great for them to just walk with the companies here," he said.



PHOTO BY AMANDA BAKER

Lucas Beutinger, a first-year residential student, makes a thermal image at the electrical trade show on March 23. The thermal imaging was one of several items displayed by Photon.

"We really wanted to show them that these companies these people are not behind a wall but that you can talk to them."

"Even if they can't buy anything, that's still a great opportunity," said Job.

"It's worth it if they are able while they're working on their field I remember that."

Navy offers subsidized college education plan

By AMANDA BAKER

Conestoga College students gathered on March 23 to hear members of the Canadian Navy discuss the benefits of being in two engineering technology programs the school offers.

The free information session, which was supposed to include a tour of a Canadian Navy ship, outlined the benefits of joining the Canadian Navy as well as students' opportunity to apply for a tuition subsidy offered by the Canadian Forces.

The tour was unavoidable due to inclement weather.

The notably attended in the Non Commissioned Member Subsidized Education Plan (NSCEP). NSCEP is currently open to students entering the fall term of the

electrical engineering technology diploma program and those entering the second year of the electronics engineering technology - telecom communications systems diploma program. Both are offered at Conestoga College's St. Jacobs campus, and students accepted into the MCM SEP will receive a salary as well as a performance fee for all tuition, books and academic equipment.

The salary is \$21,914 for the first year and \$23,873 for the second year.

The benefits tie in with the Forces in that they will only cover tuition and pay a salary for the two-year program," said Conestoga College student recruiter Jon Bain. "Electrical engineering technology programs in these years ... they fit the coverage for joining the Navy as the process goes

offered by the Canadian Forces, which did not use one of the best paying jobs, as Canadian students have full medical and dental, as well as gym facilities and even opportunities to participate in just about any sport that comes to mind,"

"You get time off to go play on the tournaments and that doesn't come out of your basic pay," said Bain.

Tyler Bois, a non-commissioned technician who played in the military and is a member of the Guelph Lacrosse Association, "They spend a lot in the military itself."

Bois, who would like the information sessions to cover more than just, "basically no pay anywhere from 10 to 20 people received," believes that this is often a false information

about, such as the one that occurred on March 23. However, a lot of people don't make it through all the recruitment steps such as basic training, he said.

Bois added that the one to join the Canadian Navy but an option someone in their family.

"To be quite frank, I want to go to school because I offer that side option in my own electrical students and technology foundation students, and other April they're not going to be able to go," he said.

For more information on the tuition subsidy, the engineering technology programs or the registration process, students can view the program descriptions on the Conestoga College website or contact Jon Bain at 519-885-2290 ext. 2179.



On the stage, Shantell Powell put on a show with grace and aplomb, the audience had mixed reactions. Powell bowed through her performance, and at the end of the show, looking out at the cold didn't bother her one bit.

Earth Day celebrated in deep-freeze

Event had cold performers, cold audience but genuine warmth

By GENEAL BROWN

Earth Day may have been set in the cold this year, but it wasn't cold enough, said an approximately 60 people turned out the chilly temperatures to support Earth Day and local music live stage treatment at Richardson City Hall on the morning of March 30.

There were about 100 dedicated people. The road out was -22 C despite their bring on wind-chill of -30.

"We'll be the coldest. We were played," said singer Peter Szwedt, who is prepared to perform. Szwedt, the lead front man for band Ciel R, was doing a solo performance. He was the first official act of the night, and was warming up in city hall before heading in more ways than one.

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They'll be the coldest I've ever played. I'll be here!

— Peter Szwedt, lead singer of Ciel R

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"It'll be fun," he said, with just a trace of concern. He cut his short dark hair shorter. Both made his cold-weather outfit his hands while commenting that he didn't think he could have done the last song of his set.

Damee Price was in charge of the whole event, and was described as running around like a frantic chicken trying to solve problems. Szwedt thinks he did, because the next song off wouldn't moveable hands.

"This is a very cold time of year," said Price, looking around at the few people who had arrived just before the event started.

People moved more out for the light-and-harmony, he said with hope, as perhaps another 60 people showed up to see the show.

When someone suggested that Earth Day would have been better situated in the warmer weather a week before, he said with nostalgia, "Yeah, last weekend would have been great."

By the time Shantell Powell put up to show with grace and aplomb, the audience had mixed reactions. Powell bowed through her performance, and at the end of the show, looking out at the cold didn't bother her one bit.

Chloeanne Tres followed her. The two female vocalists wove intricate harmonies while a guitarist provided backup on an acoustic guitar. They had also done a short set before the performances officially started.

"We left them half of the original group," said the lead singer of one point, emphasizing that they were electric instruments free.

By this time there was a barely had appreciative crowd. It was hard to notice the audience members because

most of them were drifting into city hall to warm up before breaking the cold again.

Shantell Price arrived at 8:30 p.m. and all the lights in city hall were turned off. Christmas-type lights for the main stage were powered by a foot-pedaled generator. All the audience members who were warming up were drawn out of city hall, resulting in quite a crowd finally in front of the stage. Body to 100 is a conservation measure.

"I came here to get together and hang out with the people, hang out with the community," said Tress Goss, one of the performers in Organza Group. He brought his wife and two small children. Like many of the other attendees who came in pairs or family groups, they were well bundled up.

Organza Group, a straight person from outside of the, did their show on stage with grace and compelling rhythms. At the same time a popping group called The Ignites performed in the dark in front of the stage with 16 multi-colored lights, both human and "robots." The audience all shivered since they had a better look, ignoring the cold.

"It's great that so many people showed up in this cold," said Szwedt, who had already dressed himself to see the rest of the show. Damee Price, who had finally stopped running from problem to problem, agreed.



Organza Group had a good time as they pounded out their hand-driven rhythms. They wore all winterly apparel. www.organzagroup.com www.ignites.com



(Courtesy) Price is employed originally in Mexico as a featured performer at Earth Day.

HOROSCOPE

Week of April 1, 2009

**Aries**
March 21 -
April 19

You will be celebrating your birthday now or in the near future! Congratulations. Don't ask me how I know this.

**Libra**
September 23 -
October 22

Due to a strange time every now and then, you will also be celebrating your birth day now or in the near future.

**Taurus**
April 20 - May 20

You will be inundated with telephone calls when you run into a reverse telephone plan being delivered through the mail, delivery date, causing a rift in time again.

**Scorpio**
October 23 -
November 21

Your mother will call you with good news. They won the lottery and will be going to the Caribbean. You will be stuck at home doing schoolwork.

**Gemini**
May 21 - June 21

You will buy guns that look like toys. You will enjoy that taste. What is the world is wrong with you?

**Sagittarius**
November 22 -
December 21

A large collection of Spike newspaper in your locker will provide a home for a complete family of needle memory squares.

**Cancer**
June 22 - July 22

Two hands will move to touch the one that may be far, and you will be forced to spend the entire day telling people to stop a step from your person.

**Capricorn**
December 22 -
January 19

May break will be ended by that you always had your eye on. The second you see your gun off of her, she will make off with several star salaried.

**Leo**
July 23 - August 22

Did you see that? No way that you'll be surprised. May, you should probably look into buying a high speed memory as you may see all the weird stuff going on.

**Aquarius**
January 20 -
February 18

In a fit of insomnia, you will believe that you have discovered diamonds under your bed. This is extremely bad news. You will be disappointed.

**Virgo**
August 23 -
September 22

A collection of paint cans will take up residence in your house, but they will be good with the paint and keep their place clean.

**Pisces**
February 19 -
March 20

Remember, Pisces. A man can keep his needs short in mind looking like a fool. Buy a remote.



Paul Irwin carefully examines the stars and then guesses them for your amusement.

Support with Style rocks Victoria Park

By JENNIFER TAYLOR

Designers didn't seem to know who was writing with Victoria Andrew when she would repeatedly go to the hospital for severe menstrual cramps. They assumed her that it was just the menstrual cycle, as Andrew had so that the actual had indomitable.

Endometriosis is a common, incurable disease that can affect any menstruating woman at the time of her first period or at any point in her life. It causes tissue that lines her uterus, called the endometrium, grows outside of the uterus. As the tissue grows, it can develop into cysts that can cause pain or damage to the ovaries.

Andrew spoke about her experience with endometriosis, and how she began at a fashion benefit show, called Support with Style, and immediately moved everyone in the audience.

The event took place at the Victoria Park Fire Hall on March 26, in support and awareness of endometriosis. Andrew designed the event and raised \$200 for the Women's College Hospital Foundation. Andrew works closely with the foundation, helping increase endometriosis awareness.

Support with Style designer clothing includes Karen Minogue of Stock, Orbit Design, Amy Damer, Megan Philbin and Judy Miller and the music of up and coming artists Ross Petty and Mary Jo from the Kitchener/Waterloo area.

Miller always wanted to book a fashion show to share out the clothing that her and her fellow designer friends make. "I always wanted to support a cause," she said. "I didn't want to do it alone for profit. I wanted to make a difference." Miller thought of endometriosis when her friend Mary was diagnosed with it. Knowing it wasn't a disease that most people were aware of, she decided to start because "it's something that people don't understand."

"It took a lot of planning to make this day possible," said Miller. She had help from two of her friends, Michelle Hock and Alex Macmillan, but is trying to expand the event and is looking for more help. If all goes well, she is planning to host the show again every year.

"Endometriosis is a serious disease after you conceive," said Andrew. "If you experience severe cramps that result in you being stuck in your couch unso-



Photo: Jennifer Taylor

Support with Style founder Victoria Andrew, left, shows off an outfit she designed at a recent event. She is joined by designer Karen Minogue, right, and designer Amy Damer, far right, at the event.

If you are curious to learn more about endometriosis, visit the Women's College Hospital's endometriosis support group at www.endometriosis.ca.



Photo: Jennifer Taylor

Victoria Andrew, left, shows off an outfit she designed at a recent event. She is joined by designer Karen Minogue, right, and designer Amy Damer, far right, at the event.

Beer: A refreshing part of our history

By SARAH BURKE

Most of us are proud or
ashamed to say we've enjoyed a beer
or two. Being Canadian's
only natural to have taken
part in a "happening" or shared
a few mugs while kicking back
at the cottage. We have had
beer licenses as entrenched with
being Canadian?

First what is beer?

Our historical beer brewing
says it all in an interview with
CBC. "The ones, honest beer
makers were water, barley
malt, hops and yeast. That's
it. You don't much around
with any of the other stuff."

According to the Canadian
Goliath Dictionary, beer is an
alcoholic drink made from
yeast-fermented malt
seasoned with hops. On average,
Canadian beer is five per
cent alcohol.

The first commercial brew
in Ontario was in Kew (the
Kew Beerworks), opened in
1840 in 1840. This was run
by John Tolson. The brewery
closed in 1874 and became a
maltury plant.

By the mid-1900s, brewing
beer licenses like popular as
imported wine were
affordable.

The British colonies in Ontario
in the 1700s and 1800s were
governed as parts of their
day. It was considered a necessity
as it not only governed their
lives but also helped in
keeping up their strength.
This made for a healthy nation
that could keep them.

Some of today's most well
known Canadian breweries
opened in the 1800s and 1900s
centuries. These include:

1788 — John Sleator opened
his first brewery in Montreal.
1829 — Alexander Keith
opened his first brewery in

New Books

1830 — Thomas Darling
opened a brewery in London,
Ont.

1847 — John Labatt also
opened a brewery in London,
Ont.

Canadian Prohibition laws
imposed Canada's beer
industry to a great degree.
The Temperance Act of 1878
allowed provinces to ban the
sale of alcohol and this
Canadian government con-
trolled the making and trad-
ing of liquor. In March 1919 it
stopped, for the duration of
the First World War. In 1920
Prohibition and importation was
prohibited, where purchase
was illegal.

However, explains that
"The laws of Ontario said you
could make beer here, but you
couldn't sell it." Therefore,
consumers would write their
order in the U.S. or Quebec
and have it delivered. This
would then turn the order to a Ontario
brewery, giving the Ontario
consumers an "old fashioned
experience" allowing them to pick
up their beer order from the
brewery. There's also the
intelligence for you.

Due to the Prohibition, the
Canadian brewing industry
diminished significantly. In 1935
there were 118 licensed brew
sites, but by the time that
number had dropped to 79. All
provinces, except P.E.I.,
dropped their Prohibition laws
after the war. P.E.I. was "de-
clared free" until 1948.

The Brewers Association of
Canada represents some of
Canada's top brewing compa-
nies. The association has 32
members that account for more
than 95 per cent of domestic
beer enjoyed by Canada's 10
million beer drinkers.



PHOTOS BY SARAH BURKE
Alexander Keith's, Moosehead and Labatt are just a few of the popular types of beer Canadians still enjoy today.

COUNSELLOR'S CORNER: Community Resources

The counsellors at Counselling Services are here to help with issues that students face on a daily basis, but we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Kitchener, Waterloo, Cambridge, Guelph and other communities.

Especially as the school year draws to a close for graduating students, it's important to make a connection with people and places outside the college. These resources can help you find an affordable home, find a car seat, baby clothes and toys, connect to counselling groups and workshops, or give a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected.

A Message from Counselling Services, 14101



PHOTO BY SARAH BURKE

Dave Morris, 14101, enjoys a cold one, before giving a power presentation to the
Sociology on March 24. The free drink was offered as part of
Student Awareness Week.

Bridal showcase brings in local businesses

By VICTORIA STRACKLE

Wedding season is quickly approaching, and brides-to-be may already be doing the pants of planning.

Bridal fairs and the like, as many businesses in the region are ready to help guide your special day off.

"When my cousin got married, she went to Toronto thinking she'd find everything there," said Karen Cooley, event coordinator for Welcome Waggon Ltd. "We found her dress there, but everything else was found here in Kitchener-Waterloo." The company has been planning various events since

2004, specializing in greeting services for those expecting babies, new caregivers and those new to the area. They also organize various shows, including a 10-plus showcast.

This spring, Welcome Waggon is organizing their annual bridal showcase, which features many local vendors specializing in wedding planning. These include photographers, DJs, catering studios and various other couples preparing for their big day are invited to attend, though you don't need to have a ring to come.

"We would not discourage anyone else, like those who need a 'private night,'" said

Cooley with a laugh. Not only will this event help you plan for the big day, but it also consists of planning for the marriage. "We have ministers and interfaith facilitators present. It's not just you say more, you're bringing more into the mix," said Cooley, reminding brides to think past the big day and look out for one another. "They should become a close family. Not that family isn't good enough or anything, it's just better to be prepared."

There's lots of time to be had at the showcase, in addition to meeting all the wonderful vendors. A lounge area for tasting, models, morning

coffee from Republic's Green

Shops and Toronto Taylor

will ring across the runway. Not only will they show the various bridal gowns and grooms' tuxedos, but brides and grooms and mothers of the bride/groom will be on display as well.

"There's no 'no-comes' dating. I had a friend who was six feet tall and she was able to find a dress there," said Cooley. "Toronto doesn't let the next look questionable either. They always look good."

Attendees also have a choice of various wedding cake prices, including a grand prize of a custom-made wedding cake.

The most important place for brides and grooms to be is at the wedding itself, though.

"The marriage itself between the two and their spouse is most important, above all things," said Cooley. "As long as it's legal and bonding, everything else is just gravy."

The Kitchener Bridal Showcase will be held on April 10 at Chapman Hall from 1 to 4 p.m. The event is free, but it is recommended that attendees pre-register through well-known cell 1-877-675-8489 or go to www.welcomewaggon.com for more information.

Last chance for rapid resume review

By LISA GRIFFIN

For graduating students, this week is your last chance to take advantage of the rapid resume review class.

On April 5, 6 and 7 the class will be held in the lower

atrium of the Diefenbaker

Building from 11 a.m. to 1 p.m.

The event is first come, first served, and employment advisers ask that you bring a current resume and cover letter, as well as questions.

Vote for your student rep on Board of Governors

By LISA GRIFFIN

Conestoga students are looking for your vote in their race for the student representation on the Board of Governors.

Those who sit on the Board of Governors have a say in the direction the college is going by developing motions once a month, where topics such as program approvals and fundraising campaigns

are explored.

This year, the five candidates are Nisha Chaudhary, Sarah de Boer, Sana Kadermanian, Svetlana Nogin and Andrea Nichols.

Voting takes place from April 1-6, and online voting instructions will be emailed to all students.

For more information visit the News and Events page on Conestoga's website, www.conestoga.ca.



PHOTO BY PAUL RYAN

Philip Berney, a professor in the School of Business and Hospitality, culinary programs, shows off to his students how to cut a flower into a牡丹 (mudan) flower.



This display of culinary artistry was designed to entice people at the Republic Catering event on March 26 to join the culinary program. The photo on the right shows off the finished product, a牡丹-shaped牡丹.

college pro

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Leave your
phone
alone

Wu et al. / Cervical Spondylosis

I've always been a person who collects things. Very pleasant, one could say. What I'm not doing these days is always collecting. Although I still enjoy apparently banal things like the numerous red lights seen outside of the big press-conference party, most of the time I've had drivers who really don't see me.

It seems like there's never a time when we're driving that I don't witness someone getting out of a running red light. The accidents on the highway are a huge cause for innumerable attorney fees and day traffic. When I personally get out of a red light, not by somebody talking on a telephone.

The Sun has only been in effect since February 2010 but it doesn't appear that many people are taking advantage of it. I have most of my friends and family well past the age of 65 so the majority of them have to make a call or else they ignore it until a later date. It doesn't seem that different to me to see 18 people are taking their free community class when they are still willing to pay for people that are way out of their price range. I am not sure how seriously people can take the obligation when 100s of so many people are still getting away with it.

I also have a hard time believing that police officers are following this rule 180 percent. I can see cops talking on cellphones all the time and I know they have radio transmissions, so what's their deal? I think it's a problem on both ends. Police seem to be somewhat lenient toward them, yet, perhaps because it's a fairly new development, but people are definitely taking advantage of it.

I know I've been the passenger get in a car where the driver was on the phone and a cop drove by, completely noticing this but didn't do anything. Nobody enjoys getting a ticket, but me the if they did they would think twice before going to answer their phone while driving a car.

Come on people, we're all over the bootlegging YouTube sites dispensing the results of driving while writing in the diary of your friends to tell a good example and don't use your phone while you drive. Or you could very well be the next

one of the other videos.

A nervous driver takes on a cell phone while driving on a 400-mile highway, setting a bad example for all drivers. Talking on the phone while driving is extremely dangerous, especially when traveling at high speeds. Do yourself and everyone else a favor and put into the habit of keeping your phone out of reach while on the road. It could mean the difference between life and death.

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Introduzione

Using statistical methods, the possible relationships between various variables in each of the stages using power analysis, the following results were obtained: the first stage, the relationship between the variables of the first stage of the study was significant at the 0.05 level, and the second stage, the relationship between the variables of the second stage of the study was significant at the 0.05 level.

Saved from the slaughterhouse

By SARAH RICHARD

When she first laid eyes on this pony, red mare 1 knew there was no way she was walking out of there without her.

Audrey Schreiner, 22, has been riding the 13-year-old horse-savvy horses for most of those years. Her first horse was a rescued thoroughbred, Honey. She then acquired a rescue Percheron cross, Wynt, and a Rambaldi hand-thoroughbred, Breezy.

The Rambaldi resultant has a passion for horses that are trained and often seen running during the paths through the holding pens at the Ontario Livestock Exchange or OLEX as it's known to locals in St. Jacobs. She has found success in rehabilitating and placing rescue horses in new homes over the past few years.

She had had, in her, great success in "finds of the day" until she'd dreamt that tragedy never happens."

So there was no surprise that this family, red mare caught her attention, as well as the attraction of most men.

"They look for anything strong or sturdy as they can back money when they sell it to companies."

I asked most men men would go for the old horse but Audrey said no otherwise.

"They look for whatever will give them the most return, usually healthy horses."

According to Agriculture and Agri-Food Canada, last year 93,812 horses were slaughtered in Canada. Horse meat

is sold overseas and served as a delicacy in Europe.

On Oct. 23, 2000, Schreiner noticed the mare and thought the numbers were in the 40s in a pen. After the auction the numbers increased Schreiner and reacted, "She's going to be a beauty. Good luck with that one."

Of course, Schreiner knew who she is and probably at the time not even, "Thanks."

For the first year it was a never ending roller coaster of moves. The mare, now named Kiana, suffered from strengthen, a highly contagious disease much like our strep throat. She was in need of medical attention but since she was unhandled, treating her proved to be an extremely difficult task. Schreiner decided to work quickly in order to have Kiana treated to stop the infection from getting worse. Although strengthen is only found in rare instances, it's a very nasty and unpredictable infection which could lead to future dental problems. Every day she was out trying to take the mare unto-coming closer, and eventually, after many battles and patient education, she was able to get Kiana handled.

By this time Schreiner was set to move from a boarding farm outside of Kitchener to another barn near Berlin. The new barn would have an indoor arena to allow for training in the winter. She was able to train Kiana enough to be able to lead her around a field, but the mare was still skittish and Schreiner decided it was best to hold off on indoor saddle training until Kiana was comfortable enough to be handled from the ground.

Another winter passed and Schreiner moved to a smaller barn with a few fields in order to save money. She took on four more rescue and selected to slowly saddle train Kiana.



PHOTO BY SARAH RICHARD

Kiana, a four-year-old Belgian/thoroughbred cross, was one of five horses bailed out from the OLEX Livestock Exchange where she was going to be sold in a slaughterhouse.

around a field, but the mare was still skittish and Schreiner decided it was best to hold off on indoor saddle training until Kiana was comfortable enough to be handled from the ground.

Another winter passed and

Schreiner moved to a smaller barn with a few fields in order

to save money. She took on

four more rescue and selected

to slowly saddle train Kiana.

First, she placed weights over

her back to get her used to the

weight of a body, then she

moved up to long reins the

middle line and slowly into

the center of the arena, and

Kiana made sure Schreiner

was never riding her fast.

As a rider there comes a

time when we stop and take

a look at how far we've gotten.

When Schreiner took her first

ride on Kiana she had one of

these moments.

"There have been many good moments, but the best ride was a delicate special moment just proved that the trust you had helped was there, a really there."

It was at the training that

was hardest for Schreiner, a time convincing people that Kiana had potential and bringing her to the point

where people can see that.

"It wasn't easy to train

and there was no 'quick fix'

to my mind of the emergency.

People don't always believe you when you tell them that a completely wild horse is going to make the

perfect show horse for some

one day," she said.

For the past two months I've seen a different side of her training, a side that seems not like a new or wild animal. Kiana, who was once a fidget wild horse, has been transformed into a gentle, training-riding partner. It took two years for Kiana to change, but now she is like an obedient horse, calm and collected, even over jumps. It's hard to think that sometimes this mare could have ended up on a dinner plate.

"There have been so much to teach us. You will always come across horses from whom you keep an open mind. Once you have respect for each other, they will give you everything they have," she said.

Schreiner hopes to find a new home for Kiana in the future, but for now she's enjoying her time with the one wild mare.



PHOTO BY SARAH RICHARD

Audrey Schreiner takes her eighth ride on her rescue mare Kiana. Once a flighty wild horse, she is now confident enough under saddle to move in a collected trot.

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